

PILLBOX TIMER WITH PULSEMETER

MODEL: PMP238

INSTRUCTION MANUAL

INTRODUCTION

Congratulations on your purchase of Oregon Scientific's easy-to-use Pillbox timer with Pulsemeter (PMP238).

This product combines several unique features to assist individuals when taking medication. Features include a medication timer with alarm, a touch-sensitive pulsemeter, a digital clock and electro-luminescent (EL) back light.

The PMP238's trouble-free qualities are enhanced through the product's small size, it's lightweight, and pillbox design.

FEATURES

1. Pillbox storage
2. User select 12 or 24-hour clock
3. Pulse monitor
4. Countdown timer
5. Timer alarm
6. 12 /24 hr. real-time clock

7. EL back light
8. Low-battery indicator

DESCRIPTION AND FUNCTION OF PARTS [FIG. A]

A. LCD

- Multi-function display

B. [• ADV] Button

- Activates EL back light
- Increases values when setting the clock or timer

C. [PULSE]Button

- Sets the unit in pulse-display mode
- Returns unit to a previous mode from Pulse mode

D. [MODE]Button

- Alternates between clock and timer displays
- Initiates settings changes

E. Pulse Sensor

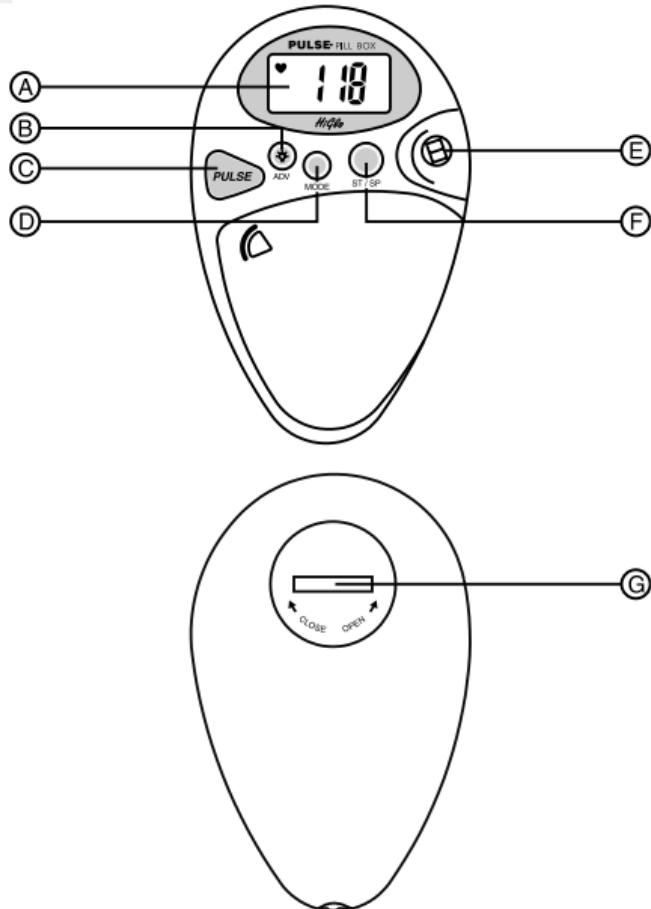
- Detects and displays a person's pulse rate

F. [ST/SP]Button

- To start or stop the timer

G. Battery Compartment

- One (1) CR2032 3V lithium cell



GETTING STARTED

Battery is included. Please pull the protective insulation tape out with a firm pull to start your pmp238.

BATTERY INSTALLATION

1. Using a coin, carefully twist open the back panel.
2. Insert one (1) CR2032 3V lithium cell or equivalent

3. Replace the battery compartment door.

Once batteries are inserted into the unit, the user will hear a beeping sound and all segments of the LCD will briefly illuminate. The display will be set to factory values which

is 12:00:00AM for time and 0:00:00 for the timer. The current time will require manual setting.

A low-battery icon [] indicates that the batteries require changing.



Note: If not disposed properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

MEDICATION STORAGE

This device has a pillbox. Use the compartment for storing medication.

WEARING THE PILLBOX

Using the attached cord, the device can be secured to clothing.

GENERAL OPERATION

ABOUT DISPLAY MODES

This unit has a display for the time, a display for a timer and a pulsemeter display.



Timer Display



Pulse Display



Clock Display

To alternate between the clock and timer display:

Press **MODE**.

To access the pulse display:

Press **PULSE**.

To exit the pulse display:

Press **PULSE**.

THE CLOCK

In clock display the unit will show the time. The time can be displayed in a 12-hour or 24-hour format as hours, minutes and seconds.



12-hour Display



24-hour Display

To set the current time:

1. Enter clock display.

Note: If the countdown timer is displayed, press **[MODE]** to enter the clock mode. From pulse mode, press **[PULSE]** to exit pulse mode followed by **[MODE]** to toggle between clock and timer display.

2. In clock mode, press and hold **[MODE]** for two seconds. The 12-hour value will flash.

3. Press [**•○- ADV**] to make a selection between 12-hour and 24-hour format.
4. Press [**MODE**] the hour digits will flash.
5. Press [**•○- ADV**] to advance the numbers until the appropriate hour digit is displayed.

Note: Holding down the button will increase the value rapidly.

6. Press [**MODE**], the minute digits will flash.
7. Again, press [**•○- ADV**] to advance the numbers until the appropriate minute digit is displayed.
8. Press [**MODE**], the “seconds” will flash.
9. To adjust the “seconds” to zero, press [**•○- ADV**].
10. Press [**MODE**] to exit the setting mode.

The clock is now set.

Note: If no buttons are pressed for 60-seconds during the clock-setting function, the unit will automatically exit the clock-setting mode.

THE TIMER

The timer can count down from a pre-set time. The unit will count down from a maximum time of 29-hours, 59-minutes to zero. In count-down timer mode, once the unit reaches zero it will stop and an alarm will sound.

To indicate that the unit is in timer mode a [**☒**] timer icon will be displayed .



To set the timer:

1. Enter timer display.

Note: If the clock is displayed, press [**MODE**] to enter the timer mode. From pulse mode, press [**PULSE**] to exit followed by [**MODE**] to toggle between clock and timer displays.

2. To set the timer, press and hold [**MODE**] for 2 seconds. The hour digits will flash.
3. Press [**•○- ADV**] to advance the hour digits to the desired time.
4. Press [**MODE**] and the minute digits will flash.

- Press [- ADV] to advance the minute digits to the desired time.

The timer is now set.

Note: If no buttons are pressed for 60-seconds during the timer-setting function, the unit will automatically exit the timer-setting mode.

To start the timer:

- Press [ST / SP]. The timer will start.

Note:

- When the timer reaches 0:00:00 a beeping alarm will activate to indicate that the timer has completed its cycle. The alarm will last for one (1) minute. After one minute, the alarm will continue to make one short beeping sound once every two-minutes. To stop the alarm, press any button and the timer will automatically reset to the original timer setting.
- When the timer is active, the timer icon will appear and be flashing on the pulse-mode display and the clock display.

To stop the timer:

- Press [ST / SP]. The timer will pause until [ST / SP] is pressed again.

To clear the timer:

- Press and hold [MODE] for 2-seconds. The digits will return to zero and the hour digits will flash.
- Without entering a number for the hours, press [MODE] again. The Minute digits will flash.
- Press [MODE] a final time to exit the timer-setting mode.

The timer is now cleared.

To reset the timer to its originally set time:

- Press and hold [ST / SP] for 2-seconds. The display will return to its originally set time.

THE PULSEMETER

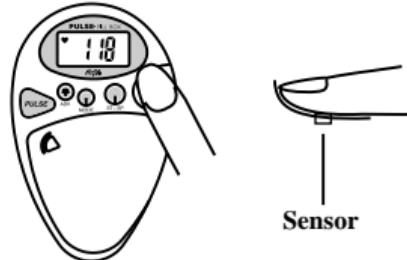
A person's pulse rate indicates the number of times that the heart beats within a given amount of time. This unit calculate how many times a heart will beat in one minute. Monitoring pulse rate can be useful for determining appropriate medication.

How to use the pulsemeter:

- In either clock or timer display, press [PULSE], the display will show a heart .



- Position your right index finger so that the padded portion over the pulse sensor .



- Maintain a steady position, holding too forcefully or too lightly may result in an incorrect reading.
- After several seconds a pulse rate will display.

Note: When your finger is positioned properly, the heart icon on the display will flash. This indicates that the unit is reading a pulse. The unit will display the number of beats per minute of your heart.

If, for some reason, the unit cannot read a pulse within a 60-second period of time unit will automatically return to the previous display mode.

Press **[PULSE]** and try taking your pulse again.

- To exit pulse-mode display, press **[PULSE]** followed by **[MODE]** to toggle between clock and count-up / down timer modes.

THE ELECTRO-LUMINESCENT BACKLIGHT

The electro-luminescent (EL) back light illuminates the LCD for easy nighttime viewing.

For nighttime viewing:

Press [**-ADV**]. The LCD will illuminate for approximately 5-seconds.

Note: During the 5-second interval when the EL backlight is active, press any button and the back light will remain on. The light will remain for 5-seconds from the last press.

MAINTENANCE

- Do not immerse the unit in water. If the unit comes in contact with water, dry it immediately with a soft lint-free cloth.
- Do not clean the unit with abrasive or corrosive materials. Abrasive cleaning agents may scratch the plastic parts and corrode the electronic circuit.
- Do not subject the unit to excessive: force, shock, dust, temperature, or humidity. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries, or distorted parts.

4. Do not tamper with the unit's internal components. Doing so will terminate the unit's warranty and may cause damage. The unit contains no user-serviceable parts.
5. Only use new batteries as specified in this instruction manual.
6. Read this instruction manual thoroughly before operating the unit.

SPECIFICATIONS

Operating modes	: Clock mode, timer mode and pulse mode
Real-time clock	: 12 hour / 24 hour with hour, minute and second display
Timer	: Maximum, 29 hours, 59 minutes
Pulse range	: 40 to 237 bpm
Power source	: 1 x CR2032 3V lithium cell
Dimensions	: 16 (D) x 56 (W) x 88 (L) mm
Weight	: 37.5 g (approximate)

CAUTION

- The content of this manual is subject to change without further notice.
- Due to printing limitation, the displays shown in this manual may differ from the actual display.
- The manufacturer and its suppliers held no responsibility to you or any other person for any damage expenses, lost profits, or any other claim arise by using this product.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

WARRANTY

This product is warranted to be free of defects in manufacturing for 90 days after purchase. For technical support please call 800-853-8883 (Monday - Friday, 8am-5pm PST). Defective product returns should be directed to the place of retail purchase. If this is not possible all direct returns must include a Return Authorization Number from Oregon Scientific, together with proof of purchase date, your name and address, shipped prepaid to Oregon Scientific Inc., 19861 SW 95th Place, Tualatin, Oregon 97062, USA. This warranty does not cover a product subjected to abuse, misuse or accidental damage.



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